

**Movement and Relaxation: Stress**

Name \_\_\_\_\_

**How Much Do You Know About Stress and Its Effects?**

Date \_\_\_\_\_

How much do you know about stress? Its causes? Its effects? This scale will help you determine your level of stress knowledge.

This assessment consists of 20 statements about stress. Some of the statements are true and some are false. If you think a statement is true, put a check in the column labeled True. If you think a statement is false, put a check in the column labeled False. Correct the False statement.

**True      False**

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. People react to psychosocial stressors.  |
| _____ | _____ | 2. Constant arousal due to stress can cause a person's blood pressure to remain at a low level.                               |
| _____ | _____ | 3. Stress due to overload can result from demands that occur at home.   |
| _____ | _____ | 4. An individual who is adjusting to many life changes in a short period of time is less likely than usual to become ill.     |
| _____ | _____ | 5. Thinking about an unpleasant event is never as stressful as actually experiencing the event.                               |
| _____ | _____ | 6. Thinking of oneself as useless and powerless can increase one's stress level.  |
| _____ | _____ | 7. The most stressful situations are usually those over which people feel they have a great deal of control.                  |
| _____ | _____ | 8. Stress may decrease the body's ability to defend itself against disease.   |
| _____ | _____ | 9. Severe stress may cause people to have accidents.  |
| _____ | _____ | 10. One of the most common traits of the Type A personality is doing only one thing at a time.                                |
| _____ | _____ | 11. Excessive stress probably decreases the rate at which one's body uses up vitamin C.                                       |
| _____ | _____ | 12. A person under stress may feel confused.  |
| _____ | _____ | 13. Overload occurs when people are able to meet the demands that are placed on them.   |
| _____ | _____ | 14. A person under stress is often able to perform tasks better than usual.   |
| _____ | _____ | 15. Some degree of stress is necessary for life.  |
| _____ | _____ | 16. Stress can lead to the failure of organ systems in the body.  |
| _____ | _____ | 17. Too much stimulation is always more stressful than too little.  |
| _____ | _____ | 18. High Blood pressure can injure the heart even though there are no obvious symptoms.                                       |
| _____ | _____ | 19. The stress produced by a situation depends more on the situation itself than on the person's perception of the situation. |
| _____ | _____ | 20. The Type A personality is associated with heart disease.  |

### Scoring

Assign yourself one point for each of the following responses:

1. T
2. F
3. T
4. F
5. F
6. T
7. F
8. T
9. T
10. F
11. F
12. T
13. F
14. F
15. T
16. T
17. F
18. T
19. F
20. T

### Interpretation of Scores

So, how did you do? If you scored higher than 11, you did pretty well. If you scored lower than 11, you need to learn more about stress. Perhaps you didn't realize that stress can make your blood pressure rise, or that stress resulting from having to adjust to many life changes subjects you to illnesses, or that thinking about an unpleasant event can be worse than actually experiencing it. You may not have known that low self-esteem can be stressful, or that not having control of a situation is usually more stressful than when you exercise some degree of control, or that stress can lower the effectiveness of your immunological system resulting in your becoming ill. Then again, you may have never heard that stress can lead to accidents or confusion, or that some degree of stress is necessary in everyone's life. Were you surprised to learn that too little stimulation may be even more stressful than too much, or that a situation often becomes more stressful because of how you perceive it than because of the situation itself, or that a certain personality may be associated with heart disease?